

PHILADELPHIA, PA

August 12-17, 2014



34TH NATIONAL VETERANS WHEELCHAIR GAMES



EVENTS & RULES

Co-Presented:



Paralyzed Veterans
of America

EVENTS & RULES

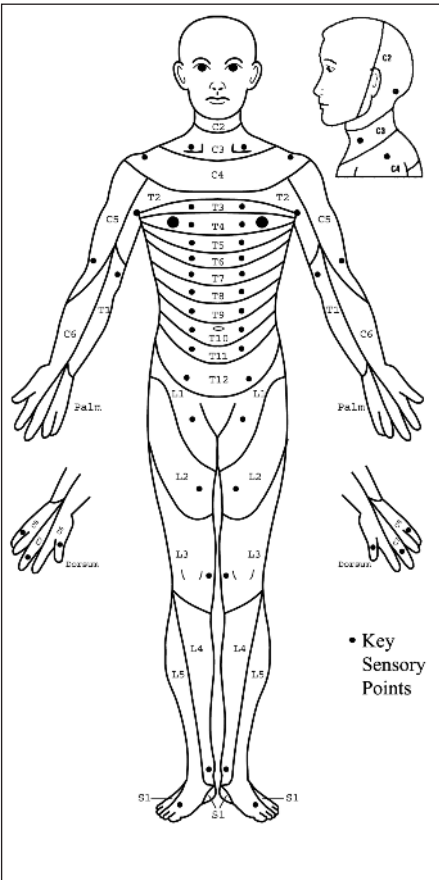
This booklet briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 34th NVWG. If you would like more information about any sport, contact the organization or individual listed after each entry.

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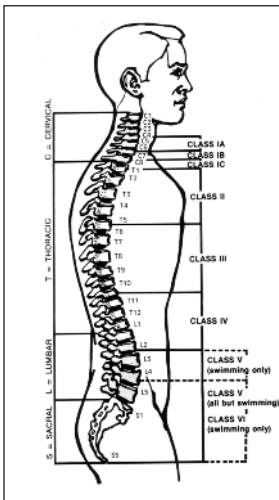
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**Indicates a change/modification in rules or distribution of medals.*



Classification Charts



AIR PISTOL

10m AIR PISTOL RULES

Air pistol competition will consist of shooters who have the ability to safely handle and hold an Air Pistol with one hand for a 40-shot event. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air pistol shooting event and received a classification card, please submit a copy of your card with your registration form.

The competition will be a men's 40-shot match, 4 target, 3-stage event, in 1 hour and 15 minutes for 600 possible points and women's 40-shot, 4 target event, 2-stage event in 50 minutes for 400 possible points.

Number of Sighting Shots – unlimited sighting during preparation and sighting time.

Preparation time is 15 minutes.

IMPORTANT: *Competition time is two hours long, this includes target changes. Shooters must check in one hour prior to their scheduled event.*

Note: *If registering for air pistol or air rifle for the **first time**, you must establish a shooting time with the Air Rifle/Pistol Registration booth located at the Expo or during Early Classification and Air Pistol/Rifle Registration.*

EQUIPMENT

Shooters may bring their own equipment, but it must meet IPC standards:

1. The air pistol must be 4.5mm (.177 caliber)
2. No air pistol producing muzzle velocities above 750 fps will be allowed.
3. No air pistol with repeating capability will be allowed.
4. Flathead pellets only.
5. May only be loaded with one (1) pellet. Ported barrels and

perforated barrel attachments are allowed.

10m Air Pistol Grips: No part of the grip frame or accessories may touch any part of the wrist. The heel rest must extend at an angle 30 degrees to the grip. This applies to the heel rest in front and behind the grip as well as on the sides. Any upward heel and/or thumb rest and/or a downward curvature of the side opposite the thumb is prohibited. The grip must not encircle the hand. Curved surfaces on the grips or frame, including the heel and/or thumb rest, in the longitudinal direction of the pistol are permitted.

All equipment is to be checked by the head range official or designated official for inspection prior to the event.

All competitors must bring their own wheelchair.

A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

Note: Equipment will be provided for novice shooters only. A limited number of air pistols will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.

MEDALS

Awarded according to score, by class, category, division, and gender.

FOR COMPLETE RULES AND GENERAL TECHNICAL INFORMATION CONTACT:

In February 2013 it was officially confirmed that IPC Shooting will be adhering to all the changes made in the 2013 edition of the ISSF rules, including finals format changes and the trial of decimal scoring.

IPC SHOOTING RULES

<http://www.paralympic.org/shooting/rules-and-regulations>

INTERNATIONAL SHOOTING
SPORT FEDERATION
[http://www.issf-sports.org/theissf/
rules.ashx](http://www.issf-sports.org/theissf/rules.ashx)

USA SHOOTING
[http://www.usashooting.org/7-
events/usarules](http://www.usashooting.org/7-events/usarules)

IMPORTANT: *Rules for 2014 introductory air pistol rules are following the USA Shooting rules for this year.*

AIR RIFLE



Air rifle competition will consist of SH1 (competitors who do not use a rifle support stand), SH2 (competitors who need to use a rifle support stand), and SH3 (visual impairment).

Each category will be divided by gender, as well as division (novice, open, master, and senior) within each class. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air rifle shooting event and received a classification card, please submit a copy of your card with your registration form.

The competition will be a PRONE event. Relays will consist of 4 targets in two stages: 40 shots for record, including all sighter shots all within a one-hour time limit; 4 targets will total a possible 400 points. **Shooters may only shoot from the prone position for record.**

PRONE: Both elbows (not upper arms) must rest on the table or board. The forearm in this position must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. The chest and/or abdomen may rest on the table or board.

IMPORTANT: *Competition time is two hours. Shooters must check in and participate in a shooting clinic before the match.*

All shooters must arrive one hour prior to their scheduled shooting event.

Note: *If registering for air rifle for the first time, you must establish a shooting time with the air rifle/pistol registration booth at the Expo or during Early Classification and Air Rifle/Pistol Registration Monday, August 11, at the Pennsylvania Convention Center, 11 a.m. to 4 p.m., and Tuesday, August 12, from 9 a.m. to 4 p.m. at the Expo.*

EQUIPMENT

Shooters may bring their own equipment, but it must meet IPC standards:

1. The air rifle must be a .177 caliber.
2. No air rifle producing muzzle velocities above 750 fps will be allowed.
3. No air rifle with repeating capability will be allowed.
4. Flathead pellets only.

All competitors must bring their **own** wheelchair.

A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

Note: **Equipment will be provided for novice shooters only. A limited number of air guns will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.**

MEDALS

Awarded according to score, by class, category, division, and gender.

FOR COMPLETE RULES AND GENERAL TECHNICAL INFORMATION CONTACT:

IPC SHOOTING RULES
<http://www.ipc-shooting.org/Rules>

ARCHERY



Limited to 90 competitors. Archery will follow the established guidelines for “novice” as printed in the current official WSUSA rule book.

Competition will be conducted in both Recurve Bow and Compound Bow rounds. Competitive rounds consist of:

Recurve Bow—Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: quadriplegic with recurve bow; paraplegic with recurve bow.

Compound Bow—A compound bow with a peak draw of 60 pounds or less may be used. Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: quadriplegic with compound bow; paraplegic with compound bow.

EQUIPMENT

All equipment must conform to USA Archery rules. All competitors must bring their own wheelchair with footplates.

Note: Participants must select either compound bow or recurve bow for all rounds—**not both**.

- Finger protections to draw, hold, and release the string are permitted, provided they do not incorporate any device to help hold and/or release the string.
- On the bow hand, ordinary gloves or similar hand covering may be worn, but not attached to the grip.
- Compound Division—a release aid must not be attached in any way to the bow nor incorporate electric or electronic devices.
- Bow site for aiming is permitted.
- Visual aids may be used for spotting arrows.
- No headsets or communication devices are permitted.

Equipment will be provided for novice archers only. A limited number of recurve bows and arrows will be provided on a first-come, first-served basis. There will be no compound bows provided. You must present a credit card or driver’s license to procure equipment.

MEDALS

Awarded by category, division, and gender.

FOR COMPLETE RULES, CONTACT:

Disabled Archery USA
P.O. Box 698
Langley, WA 98260
360-321-5979

BASKETBALL



Limited to 96 competitors. Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the

same as the National Collegiate Athletic Association. Exceptions: the 35-second shot clock will not be used. NWBA rules concerning points and play will be followed. There is no double dribble; a player is entitled to two pushes before he or she must pass, shoot, or dribble again, or a traveling violation is committed.

The wheelchair is considered part of the player’s body in ruling physical fouls. All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for a physical advantage over an opponent (e.g., rising out of the chair; using the heel of the foot to maneuver the chair). Any infraction constitutes a physical advantage foul (PAF), which is penalized like a noncontact technical foul.

Three levels of player classification are used to achieve team balance: Class I, Class II, Class III. No more than 12 players are allowed on the court at one time and no more than three Class III

players are allowed to play together at any time. Women players on a men's team may roster one class level below their actual medical classification level.

Basketball uses the draw system to assign players in each classification to teams. Classes I, II, III will be drawn to form eight teams. The tournament will be a modified double elimination with a third- and fourth-place playoff and a first- and second-place playoff. All players on each team must be played for 10 minutes per game. Team size will be limited to 12 players (8 teams). Team assignments are final.

EQUIPMENT

Balls will be provided. All competitors must bring their own wheelchair. Wheelchair footrests must have a roll bar or be padded to protect the floor. Rear push handles and push bars must be padded. All chairs must have a leg strap. The height of the seat rail must be no more than 21". Measurement must be made from the ground or court to the top of the seat rail bar (highest point) with the player in the chair. **All chairs will be measured prior to each game.**

MEDALS

First-, second-, and third-place teams will be awarded medals.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Basketball Association
1130 Elkton Street, Suite C
Colorado Springs, CO 80907
719-266-4082

BOWLING



American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting the total pins attained

in three complete games. Averages and handicaps will not be taken into account.

Handle and stick bowling will be allowed for Classes 1A, 1B, and 1C. Ramp bowling will be allowed for bowlers who have been classified as ramp bowlers by the NVWG classifiers.

Volunteers will be assigned to each lane. No coaches or family members may assist.

(Ramp bowlers will be divided into two categories: hand control and head/mouth control.)

EQUIPMENT

Balls will be provided. (If you would like a lightweight ball with large holes, you will need to bring your own). All competitors must bring their **own** wheelchair, including foot rests, brakes, and foot straps.

Note: For novice bowlers only—
a limited number of ramps, handleballs, and push sticks will be provided on a first-come, first-served basis.

MEDALS

Handleball: Class 1A, 1B, 1C; division; gender

Stick: Class 1A, 1B, 1C; division; gender

Ramp: Head/Mouth, Hand control; division; gender

Manual: Class, division, and gender

FOR COMPLETE RULES, CONTACT:

American Wheelchair Bowling Association
c/o Peggy Smith, Secretary
22000 N. Douglas Avenue
Edmond, OK 73012
918-816-0799
peggysmith1968@gmail.com
www.awba.org

FIELD*



For classes IB–V, field events include the javelin, shot put, and discus. Class IA throws the discus and the club. These events are per-

formed from a stationary, stabilized position. The sequence of events and the number of throws will be announced in the coaches' meeting on the day of registration.

NEW FOR 2014

IPC has announced new rules governing seated throws, including new requirements impacting dimensions for throwing frames. Specific information is available at www.paralympic.org/athletics, "IPC Athletics Rules and Regulations 'New' Rule 35 & 36."

EQUIPMENT

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chairs, if desired.

The official women's international javelin is used. The javelin is a minimum length of 220 centimeters (7⁵/₈") and weighs 600 g (1 lb, 5¹/₄ oz).

The discus weighs one kilogram (2 lb, 3¹/₄ oz). Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC–V women use the three kilo shot (6 lb, 10 oz), and class II–V men use the four kilo shot (8 lb, 13 oz).

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

WASUSA

P.O. Box 5266

Kendall Park, NJ 08824-5266

732-266-2634

www.wsusa.org

HANDCYCLING



The handcycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. The

race will measure approximately 10K.

The distance for IA competitors only is 5K. This event will have a 75-minute time limit. Competitors will compete by division and gender in the following categories: IA, IB–IC, II–III, IV–V.

EQUIPMENT

No equipment is provided; each competitor must bring his or her own handcycle and helmet. Helmets are mandatory. You will not be allowed to compete without one. Each competitor is responsible to ensure that their equipment is properly functioning. Once the start line is clear and the race has begun there will be no late starts.

MEDALS

Medals will be awarded by category and gender.

(5K) IA: Division and Gender

(10K) IB–IC, II–III, IV–V, Division and Gender

FOR COMPLETE RULES, CONTACT:

United States Handcycling Federation
P.O. Box 3538

Evergreen, CO 80437

303-459-4159

www.ushf.org

MOTOR RALLY



The motorized wheelchair rally is designed for people using motorized wheelchairs or scooters.

This is not a timed event. At the starting point, the participant will receive a map, a set of instructions, answer/score sheet, and a volunteer escort. No personal escorts allowed. The instructions and map will guide participants throughout the course.

The course will contain a total of 10 checkpoints. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions.

Questions must be answered and recorded at the checkpoint. There will be an adequate time limit.

One playing card will be selected at five of the checkpoints. Participants must complete all checkpoints.

Each participant will receive 1 point for each correct answer and a maximum of 10 points for the poker hand, i.e., royal flush = 10 points, straight flush = 9 points, etc. There will be no wild cards. Ties will be broken by a tiebreaker question and/or best poker hand.

The use of electronic devices (Blackberries, iPhones, iPads, etc.) and any media (local newspapers, magazines, etc.) is **not** allowed.

EQUIPMENT

No equipment is provided; all competitors must bring their **own** motorized wheelchair or scooter.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Dave Tostenrude
Director, NVWG
202-560-7352

NINE BALL



Nine ball is a game of rotation, where the object is to pocket the balls in numerical order. The winner of each match will be determined

by winning two out of three games. **All games will be subject to a 60-second shot clock.**

Nine ball is played with numbered balls one through nine and a cue ball. On each shot, the cue ball must first contact the lowest numbered ball on the table. Neither shots nor pockets need to be called. The player who pockets the nine ball on a legal shot wins the game.

Determining break: The first break is determined by flip of a coin. The winner of the flip is the first breaker and he/she must contact the one ball when breaking and either pocket a ball or drive at least four balls to the rail, without pocketing cue ball to achieve a legal break.

If the terms of a legal break are not met or the cue ball is pocketed, the incoming player has the cue ball in hand anywhere on the table. If the breaker completes a legal break and makes a ball while breaking, he or she will shoot again at the lowest numbered ball on the table and continue to shoot until missing, fouling, or winning the game.

Fouls: All fouls carry the ball-in-hand penalty anywhere on the table. Fouls can only be called and must be called before another shot is executed. Fouls can only be called by the player himself/herself or by their opponent, no outside assistance is allowed. All of the following are considered fouls:

- cue ball goes in the pocket or off the table
- any object ball jumped off the table
- primary contact with a ball other than the lowest numbered ball on the table

- during a shot, if the object ball is not pocketed and no balls are driven to the rail after contact with object ball
- pushes or double hits with object ball and split hits (when you hit the object ball and another ball at the same time)

EQUIPMENT

Pool cue sticks will be provided or participants may use their own. Players may use their own adaptive equipment. All players must remain in their chair while shooting and feet may not touch the floor.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Poolplayers Association
9757 Mt. Lompoc Ct.
Las Vegas, NV 89178
702-437-6792
www.nwpainc.org

POWER SOCCER



Limited to 64 competitors. Power soccer is the first competitive team sport designed and developed specifically for power wheelchair users. It

combines the skill of the athlete with the speed and power of the chair to create an extremely challenging game similar to soccer and football. The game is played on a regulation size basketball court with two teams of four players who attack, defend, and maneuver an oversized soccer ball in an attempt to score goals.

The bottom of the ball can rise no more than 50 cm above the floor.

The tournament consists of two rounds of play. The first round is open group play where each team plays every other team to determine which teams will

advance to the medal round and the placement of teams. The second round is single elimination play to determine the overall winner.

EQUIPMENT

All competitors must bring their **own** motorized wheelchair. No scooters allowed—only motorized four-wheeled chairs accepted. Wheelchair guards and game balls will be provided.

There is a limited number of center post guards to borrow.

Only assigned volunteers are allowed in the technical (team bench) area.

There is a maximum allowable speed of 6.2 mph (10 km/hr) during play. All powerchairs will be tested over a 50 ft course where they go faster than 5.5 seconds. It is the athlete's responsibility to ensure compliance with this aspect of the rule.

MEDALS

First-, second-, and third-place teams will be awarded medals.

FOR COMPLETE RULES, CONTACT:

Junior Mamea
president@powersoccerusa.net
U.S. Power Soccer Association
www.powersoccerusa.net

QUAD RUGBY



Limited to 40 competitors. Quad rugby is a unique, competitive sport for quadriplegics. It is played on a basketball-size court by four-member

teams using a quad rugby ball. The objective is to carry the ball across the opponent's goal line. Shot clock will be enforced.

At the NVWG, teams are determined by a "draw" system.

Players are classified according to the USQRA classification system as 0, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Players age 45 and older will have their classification reduced by 1/2 point. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

EQUIPMENT

All competitors must bring their **own** wheelchair, strapping, and gloves.

MEDALS

Awarded to first-, second-, and third-place teams.

FOR COMPLETE RULES, CONTACT:

James T. Gumbert
11104 Spicewood Club Drive
Austin, TX 78750
512-791-2644
www.quadrugby.com

SLALOM



Slalom competition is a test of agility, strength, skill, and speed. The course should run no longer than 100 meters.

The event is held on a gymnasium floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and backward. In addition, obstacles of different sizes are added and may include ramps, platforms, slopes, hurdles, textured surfaces, low-head clearance, and bridges. Missing any of the gates results in disqualification, and each cone struck adds one second to the actual time. Each instance of assistance from an official (catch or help over an obstacle) adds 5 seconds to the actual time.

MOTORIZED SLALOM

Motorized slalom will follow the same rules as above. Athletes will be divided into three categories: hand, head (chin), and mouth controls.

EQUIPMENT

Competitors must choose between manual slalom or motorized slalom. Participation in both will not be allowed. All competitors must bring their own wheelchair and helmet. Helmets are mandatory. Scooters and motor/power assist wheelchairs are not approved for slalom competition.

MEDALS

Awarded by class, division, and gender. Medals for motorized slalom are awarded by category: hand control, head (chin) control, mouth control, division, and gender.

FOR COMPLETE RULES, CONTACT:

Dave Tostenrude
Director, NVWG
202-560-7352

SOFTBALL



Limited to 120 competitors. Softball is played on a hard surface. Teams are made by a draw system to choose players in each

classification to form teams. Team size will be limited to 15 players (8 teams). All team members must bat and remain in the batting rotation for the entire game. All team members must also take the field for a minimum of one inning.

Batters come to bat with a one-ball, one-strike count.

Height of pitches: 6 ft–10 ft

Run ahead rules: 12 after 4 innings/
10 after 5 innings

EQUIPMENT

All competitors must bring their **own** wheelchair. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

MEDALS

Awarded to first-, second-, and third-place teams.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Softball Association
Bruce Froendt
13414 Paul St.
Omaha, NE 68154
402-305-5020
www.wheelchairsoftball.org

SWIMMING



All swimming events start in the water. No bodysuit, assisted devices or buoyant foot protection are allowed. Socks and mesh

water shoes are acceptable.

Swimming will only count as one event. Veterans will be able to compete in multiple distances or strokes.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

WASUSA
P.O. Box 5266
Kendall Park, NJ 08824-5266
732-266-2634
www.wsusa.org

STROKES USED IN COMPETITION:

Backstroke	
25 yard	IA-IB-IC
50 yard	II-III
100 yard	IV-V-VI
Breaststroke	
25 yard	IA-IB-IC
50 yard	II-III
100 yard	IV-V-VI
Freestyle	
25 yard	IA-IB-IC
50 yard	IA-IB-IC
50 yard	II-III
100 yard	II-III
100 yard	IV-V-VI
200 yard	IV-V-VI
Butterfly	
25 yard	IA-IB-IC-II
50 yard	III-IV-V-VI
Individual Medley	
75 yard	IA-IB-IC-II-III
200 yard	IV-V-VI



TABLE TENNIS

Table tennis is open to all competitors. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or a brace. All competition is governed by the United States Table Tennis Association rules, with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used. Competition will be best three out of five. An 11-point scoring system will be

used. No white shirts are allowed during competition.

EQUIPMENT

Balls and a **limited** number of paddles will be provided.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

WASUSA

P.O. Box 5266

Kendall Park, NJ 08824-5266

732-266-2634

www.wsusa.org

TRACK



Track events are governed by the rules of USA Track and Field. Events are run as finals on a hard-surface track with a minimum of

six lanes. The hub of the front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within the rules for wheelchairs. **Racing chairs are mandatory for races of 400, 800, and 1500 meters.**

Track will only count as one event. Veterans can complete in multiple distances.

EQUIPMENT

No equipment is provided; all competitors must bring their **own** wheelchair and helmet. **Helmets are mandatory; no one will be allowed to compete without one. Novice athletes will have priority if extra helmets are available.**

FOR COMPLETE RULES, CONTACT:

WASUSA

P.O. Box 5266

Kendall Park, NJ 08824-5266

732-266-2634

www.wsusa.org

TRAPSHOOTING



*Limited to
50 competitors.*

SAFETY AND INSTRUCTIONAL CLINIC

All competitors
will be required

to demonstrate a knowledge of firearm safety and proficiency before being allowed to participate. Novice participants will be provided personal instruction and assistance before and during the event. Any infraction of firearm safety will be cause for ending the veteran's participation in the event. All participants will be required to sign a liability release. Decisions by shoot officials are final.

All trapshooting competitors must utilize a wheelchair for competition and both feet must be placed on the wheelchair footrests.

RULES

Basic Amateur Trapshooting Association rules will apply. All participants will shoot 50 clay targets utilizing 12 gauge shotguns from the 16-yard line. Competitors breaking at least 25 of the first 50 targets will continue with 50 more targets to determine final standings. Winning ties will be given duplicate awards.

EQUIPMENT

Shotguns, ammunition, pouches, and earplugs will be provided. Participants will be allowed to shoot their personal firearm; however, they will not be allowed to use their personal ammunition. Quadriplegics bringing personal shotguns with modifications required because of their level of injury will be allowed to compete in a separate division.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Andy MacDonald
PVA National Office
801 18th St., NW
Washington, DC 20006
202-416-7620
andym@pva.org

WEIGHTLIFTING



The bench press is the only form of weightlifting performed. Competitors start with the bar held one inch from the chest and are

required to drive the weights up in one continuous motion to a fully extended position.

The Class “Quadriplegic” will consist of athletes classified as Class IA, IB, and IC. Athletes in this class will compete by class, division, and gender.

The Class I Division “High Para” will consist of athletes classified as Class II and III.

The Class II Division “Low Para/Amputee” will consist of athletes classified as Class IV and V.

Athletes in the Class I and II Divisions will compete by class, division, body-weight (categories), and gender.

Weight category will be determined at weigh-in July 14 from 4–7 p.m. at the Tampa Convention Center.

Weightlifters must weigh in during the designated weigh-in time to be eligible to lift.

Lifting apparel shall consist of nonelastic pants and a nonelastic shirt with sleeves.

Shoes must be worn unless a medical condition is present. No elastic wrist straps or elastic lifting belts may be used. All medical conditions affecting an athlete’s ability to lift or assume the

lifting position must be brought to the attention of the head official during weigh-in.

Quad Weightlifting Exceptions:

Quadriplegic weightlifters do not need to weigh in. Gloves, straps, tape, etc., are permitted to help keep hands on the bar during lift. Competitor is allowed to drop down in weight if attempt is unsuccessful.

Quad Order of Competition:

IA, IB, IC, Masters, Open, Novice

EQUIPMENT

Quadriplegic weightlifters compete using a universal system instead of free weights and compete by class.

MEDALS

Awarded by weight categories: Males I–X, Females I–X, division and class (II–V). Medals for quadriplegic competitors will be awarded by division, class, and gender.

FOR COMPLETE RULES, CONTACT:

WASUSA
P.O. Box 5266
Kendall Park, NJ 08824-5266
732-266-2634
www.wsusa.org

OFFICIAL WEIGHTS BY CATEGORIES ARE:	
Male Category	Weight
I	Up to 105½ lbs
II	105¾ to 114½ lbs
III	114¾ to 123¼ lbs
IV	123½ to 132 lbs
V	132¼ to 148½ lbs
VI	148¾ to 165 lbs
VII	165¼ to 181½ lbs
VIII	181¾ to 198 lbs
IX	198¼ to 220 lbs
X	Over 220 lbs

Female Category	Weight
I	Up to 88 lbs
II	88 ¹ / ₄ to 97 lbs
III	97 ¹ / ₄ to 105 ³ / ₄ lbs
IV	106 to 114 ¹ / ₂ lbs
V	114 ³ / ₄ to 123 ¹ / ₄ lbs
VI	123 ¹ / ₂ to 132 ¹ / ₄ lbs
VII	132 ¹ / ₂ to 148 ³ / ₄ lbs
VIII	149 to 165 ¹ / ₄ lbs
IX	165 ¹ / ₂ to 181 ³ / ₄ lbs
X	Over 182 lbs



BOCCIA

Boccia at the 2014 National Veterans Wheelchair Games is limited to Veterans in the IA, IB, and IC classifica-

tions. Boccia will be played as individual boccia, one-on-one. The object of the game is to throw or roll game balls so that they land as close as possible to a target ball, called the jack. The game begins with a player throwing the white target ball on to the court. The opponent then throws. The player that is not closest to the jack must then throw until he or she puts a ball closer to the jack. This continues until all balls are thrown. When all the game balls have been thrown, a referee determines the points awarded to individuals or teams. The closest player receives the number of points equal to the number of balls closer to the jack than the opponent’s closest ball. Each game will have two “ends” or rounds with a third if a tiebreaker is required. The player with the most points after will advance to the next round. The game can also be adapted to allow players with functional limita-

tions to use chutes and ramps to place their game balls into play. Ramps and balls will be available for use to qualifying veterans.

EQUIPMENT

A limited number of adaptive ramps will be available on a first-come, first-served basis.

White Plains, NY 10604
914-696-7000

FOR COMPLETE RULES, CONTACT:

Blaze Sports America
c/o Jeffery Jones, CDSS, CTRS, CPRP
Director of Sports and Community Programs
535 N. McDonough Street
Decatur, GA 30030
404-270-2036
www.blazesports.org

TENNIS EXHIBITION CLINIC



The Tennis Exhibition will be an introductory clinic, including instruction on equipment, play, and competition opportunities.

For Veterans with tennis experience, we will put together a modified tournament as time allows.

EQUIPMENT

Racquets and balls will be provided. Some specialty tennis chairs may be available for trial purposes

FOR COMPLETE RULES, CONTACT:

United States Tennis Association
70 West Red Oak Lane

DIVISION CLASSIFICATION INFORMATION*

NOVICE: Veterans that are new to the NVWG and have never competed in an organized wheelchair sport.

OPEN: Returning Veterans to the NVWG younger than 40. Returning veterans can choose to compete in the Open Division regardless of age.

MASTERS: Returning Veterans to the NVWG between the ages of 40–59.

SENIOR: Returning Veterans to the NVWG from ages 60 and older.



www.wheelchairgames.va.gov
www.wheelchairgames.pva.org